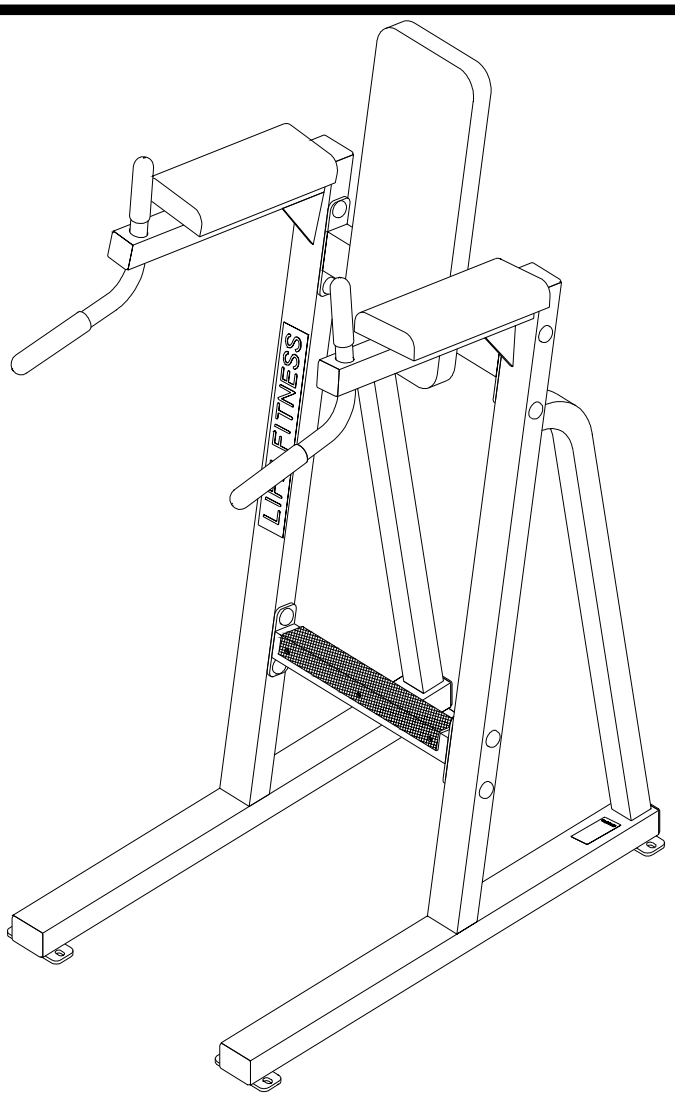
CLUB SERIES VERTICAL KNEE RAISE



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	P04-0004-L	LEFT FRAME	1	8	P05-0009	3/8" RH WASHER	22
2	P04-0004-R	RIGHT FRAME	1	9	DB2E03807200NU	3/8" LOW HEIGHT LOCK NUT	8
3	P04-0005	BACK SUPPORT	1	10	P06-0021	WHITE RH CAP	22
4	P04-0006	CROSS SUPPORT	1	OR	P06-0021	PLATINUM RH CAP	22
5	DA1C03807716NU	3/8 X 77mm BOLT	6	11	P07-0002	BACK PAD	1
6	DA1C03809316NU	3/8 X 93 mm BOLT	8	12	P07-0003	ARM PAD	2
7	DC120010510U	3/8" SAE WASHER	22				

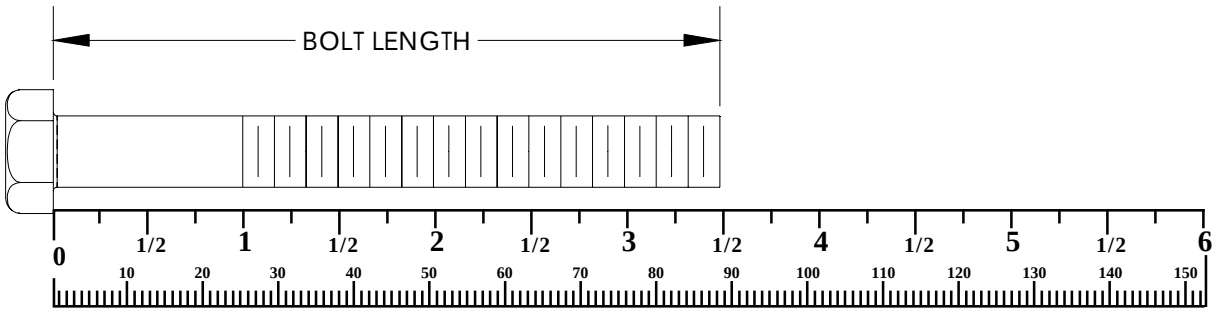
You must add ACU to each part number to connote that the part is an Acufit produced part. Example; ACUP04-0006 This is the Cross support weldment.

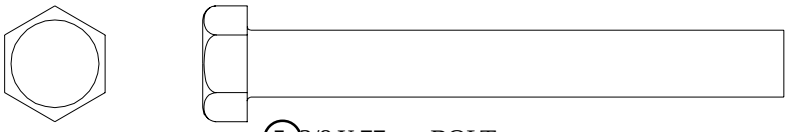
Tools Required for Assembly

* 9/16" wrench
* Ratchet with 9/16" socket

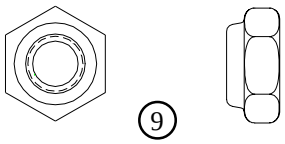
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.

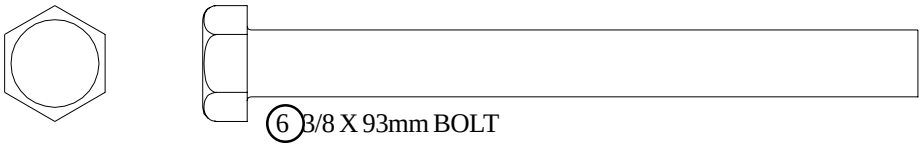




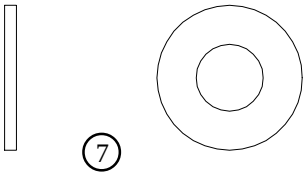
5 3/8 X 77mm BOLT



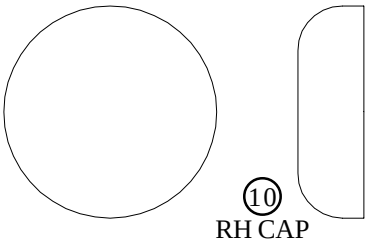
9
3/8” LOW
HEIGHT LOCK
NUT



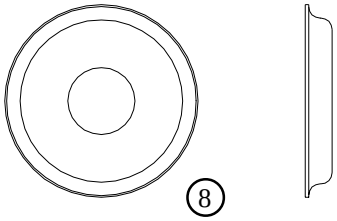
6 3/8 X 93mm BOLT



7
3/8” SAE
WASHER



10
RH CAP
(WHITE/PLATINUM)



8
3/8” RH WASHER

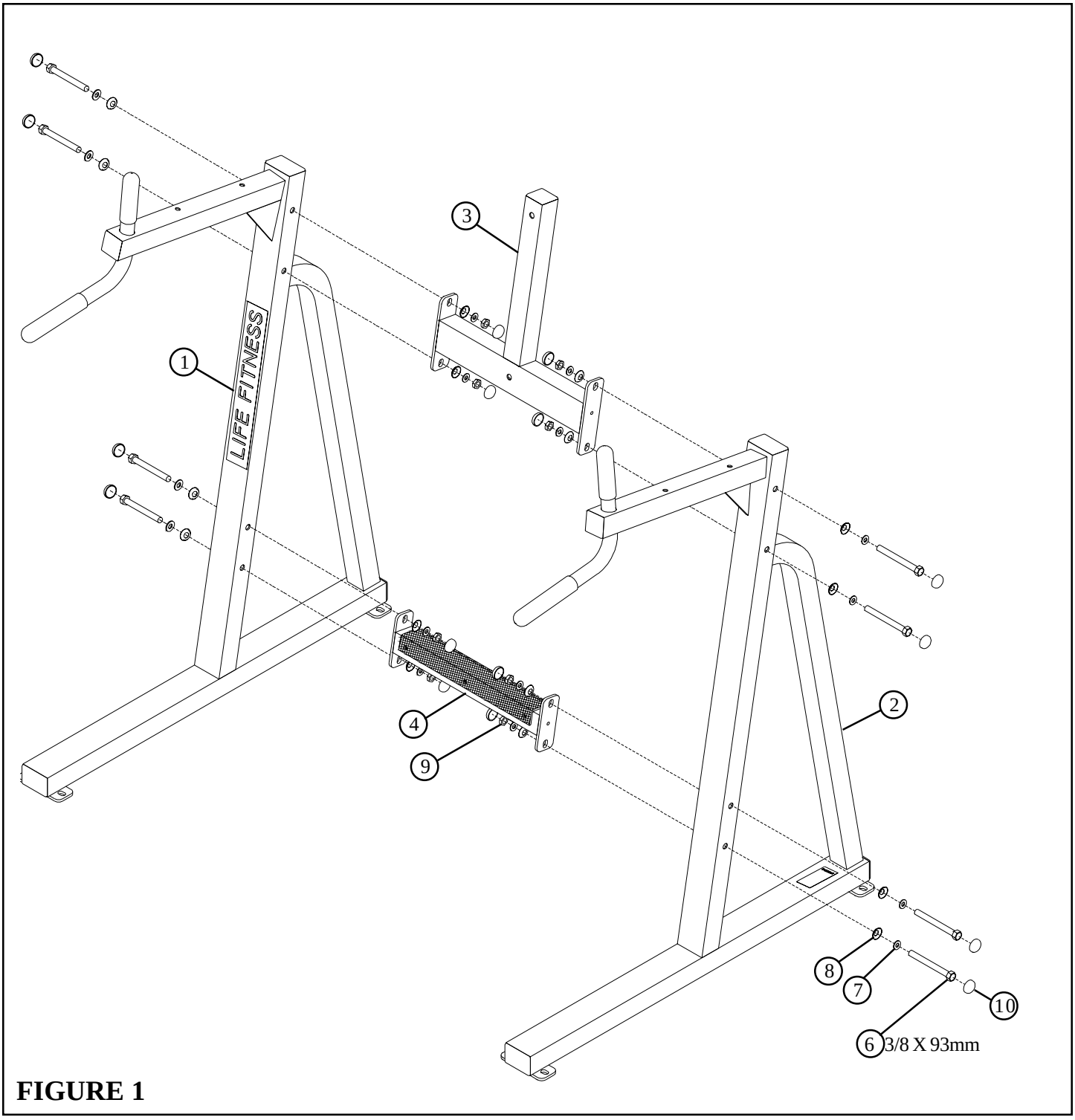
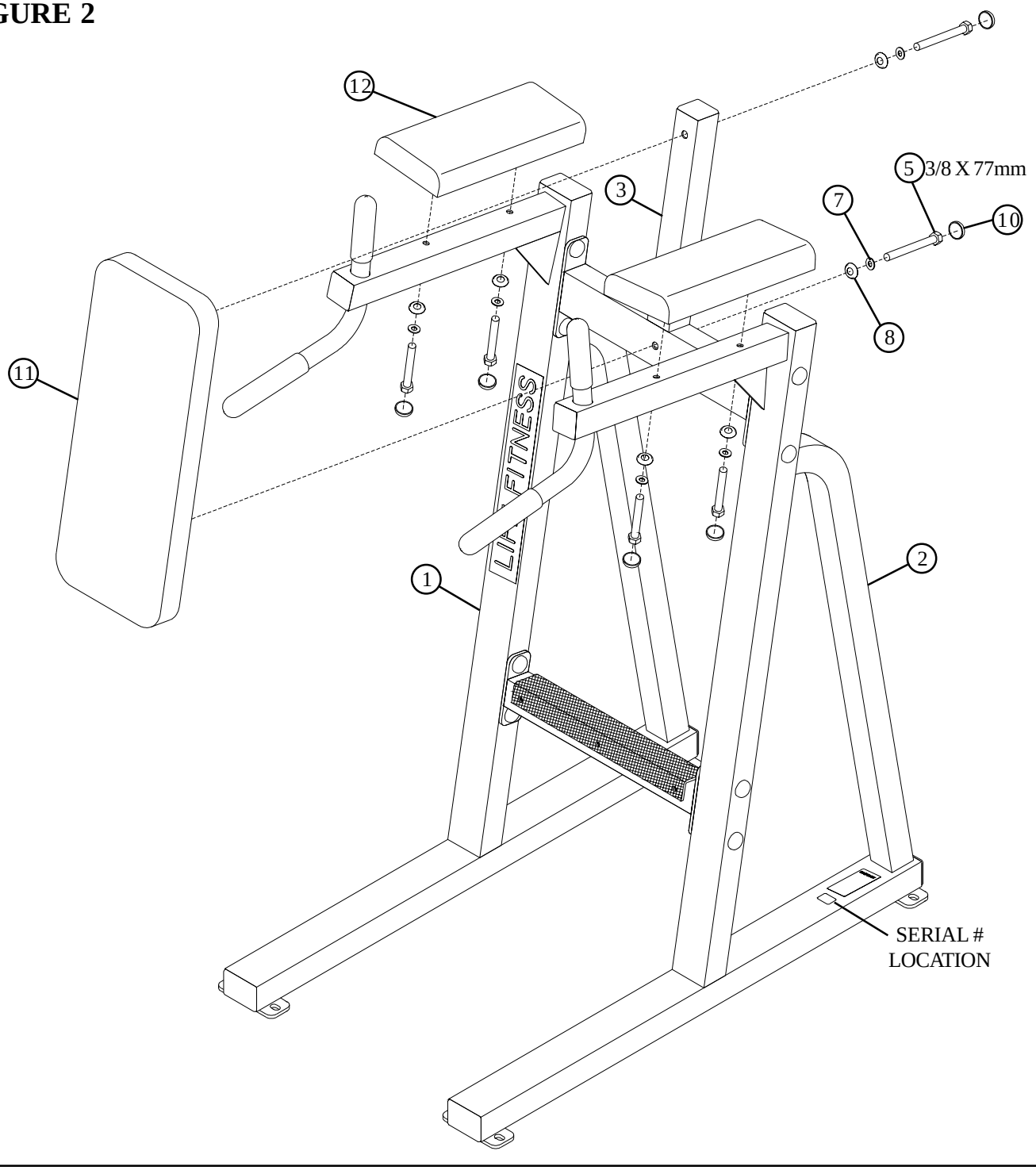


FIGURE 1

STEP 1:

- **SECURELY** assemble the BACK SUPPORT (3) and the CROSS SUPPORT (4) to the LEFT and RIGHT FRAME (1 & 2) using sixteen RH CAPS (10), eight 3/8 X 93mm BOLTS (6), sixteen 3/8" SAE WASHERS (7), sixteen 3/8" RH WASHERS (8) and eight 3/8" LOW HEIGHT LOCK NUTS (9) as shown in FIGURE 1.

FIGURE 2



STEP 2:

• **SECURELY** assemble the BACK PAD (11) to the BACK SUPPORT (3) using two RH CAPS (10), two 3/8 X 77mm BOLTS (5), two 3/8" SAE WASHERS (7) and two 3/8" RH WASHERS (8) as shown in FIGURE 2.

• **SECURELY** assemble two ARM PADS (12) to the LEFT and RIGHT FRAMES (1 & 2) using four RH CAPS (10), four 3/8 X 77mm BOLTS (5), four 3/8" SAE WASHERS (7) and four 3/8" RH WASHERS (8) as shown in FIGURE 2.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800)351-3737.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES VERTICAL KNEE RAISE. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.